



November 2022

Newsletter



www.morgan-hill.ca.gov

CENTENNIAL RECREATION SENIOR CENTER

171 West Edmundson Avenue
Morgan Hill, California 95037

Senior Center Welcome Desk: (408) 782-1284

Senior Café Lunch Information : Sandra Madriles (408) 310-4256

Senior Center Nutrition Program Updates:

Starting November 1st the dining hall will be open at 9am. We will be serving coffee and pastries in both the dining hall and Senior Center lobby. Please continue to contribute .50 cents a cup to help us provide this service!

Also starting November 1st we will no longer be serving meals on the patio. All nutrition program participants will need to eat their meal inside the dining hall.

Lifelong Learning Program:

We are excited to be bringing back our Lifelong Learning Program and would love to hear about any topics of interest that you might have. Please let Anna or Welcome Desk know what you might be interested in learning more about!

We are also looking for anyone with a particular area of expertise or interest who would be willing to facilitate a program. Let us know if you might be interested in share your passion and knowledge!

Senior Services:

Senior Adult Legal Assistance (SALA): Free legal assistance for Santa Clara County residents 60+ with problems pertaining to Social Security, Medicare, Medi-Cal, mobile homes, elder abuse and housing. Please call 408-295-5991 for a phone appointment with an attorney.

Dementia/Alzheimer's Caregiver Support Group: This group provides a safe place for family members and friends of dementia patients. It will enable caregivers to find support and learn how to cope with the symptoms and life changes associated with dementia and other related disorders.

These meetings take place **virtually** on the 4th Monday of each month from 12:00-1:30pm and **in-person** on the 2nd Monday of each month from 11:00am-12:30pm in Activity Room 2. Please call the senior center at 408-782-1284 to join.

Health Insurance Counseling and Advocacy (HICAP): Offered the 2nd and 4th Wednesday from 9am-12pm. This program is free of charge and by appointment only. Call the Welcome Desk at (408) 782-1284 for more information or to make an appointment.

The Senior Center is operated by the City of Morgan Hill in partnership with the Y and funded through its many partnerships including the Mt. Madonna YMCA Annual Campaign, County of Santa Clara, Friends of the Morgan Hill Senior Center, and generous contributions from the community.

Medicare Open Enrollment is October 15th—December 7th!

- There are changes to the Medicare system for 2023. Join us on Wednesday, November 2nd at 9:30am in the MPR for an informative presentation to give you all the information you need to know .

Reminder:

*Some activities may be cancelled at the last minute. Please call the front desk at (408) 782-1284 if you are uncertain if your activity is meeting. We are open Monday—Friday 9:00am-3:00pm.

Senior Activities for November*

Activity:	Day and Time:	Room:
Discussion Group	1st & 3rd Monday, 10am-12pm	Activity Room 1
Bingo	Monday, 9:30am-11am	Multipurpose Room
Dementia/Alzheimer's Caregiver Support Group	2nd Monday, 11am-12:30pm	Activity Room 2
Mexican Train Dominoes	Monday, 1pm-3pm	Activity Room 2
Mahjong	Monday 1pm-3pm	Activity Room 1
Fitness For Arthritis	Tuesday, 10am-11am	Teen Center, \$3 or \$30 for 11 classes
Creative Writing	1st & 3rd Tuesday, 10am-12pm	Activity Room 1
Bridge	Tuesday & Thursday, 12pm-3pm	Activity Room 1
Watercolor Class	Tuesday, 1:30pm-3:30pm	Multipurpose Room—Fee Required
Tuesday Night Bingo	Tuesday, 6:30pm-9:30pm	Community Cultural Center (\$25 buy-in)
HICAP (Health Insurance) Counseling	2nd and 4th Wednesday, 9am-12pm	Activity Room 2
Paper Crafting with Marcie	Wednesday, 10am-12pm	Activity Room 1
Computer Co-Pilots	Wednesday 12:30pm-2:30pm	Activity Room 1
Watercolor Club	Wednesday 1pm-3pm	Multipurpose Room
Movies with Grant	Wednesday 2pm-5pm	Community Playhouse—Fee Required
Mending and Alterations Service	Thursday, 9:30am-12pm	Activity Room 1
Mexican Train Dominoes	Thursday, 1pm-3pm	Activity Room 2
Fitness for Arthritis	Friday, 10am-11am	Teen Center, \$3 or \$30 for 11 classes
Movie Friday	Friday, 1pm-3pm	Multipurpose Room
Duplicate Bridge	3rd Sunday, 12:30pm-4pm	Multipurpose Room

The following activities will take place daily from 9am-3pm when the Senior Center is open:

Bocce Ball
Cards, Puzzles, TV
Computer Lab
Billiards, Ping Pong (12:30-3pm)

- November 2nd—Medicare Presentation 9:30am MPR
- November 10th—Nutrition Presentation 10:30am MPR
- November 11th—Senior Center Closed for Veterans Day
- November 18th—Thanksgiving Celebration
- November 24th&25th—Senior Center Closed for Holiday

RYDE (Reach Your Destination Easily)

We are always looking for volunteer drivers to participate in our RYDE program. This program uses volunteer drivers to transport seniors to their destinations in Morgan Hill. If you want more information, please let Anna know. You can also call the RYDE number: (408) 310-4250.